

THE EGGSAMINER

A Publication of The Georgia Egg Commission

Robert N. Howell, Editor

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Governor Proclaims May Egg Month

Egg producers across the nation are celebrating the month of MAY as NATIONAL EGG MONTH, and Governor Sonny Perdue has proclaimed it as "EGG MONTH IN GEORGIA!" The 2006 proclamation marks the 34th year that a Georgia governor has set aside an entire month to honor our industry!

As a special memento of this year's event, Georgia Egg Commission chairman Jerry Straughan (above left) presented Governor Perdue with a duplicate of this year's official Georgia egg, placed on display in the White House during the Easter

season. This year's egg was painted by Roberta Clare of Grayson, Ga.

Pictured with Straughan and the Governor are (left to right): Commissioner of Agriculture Tommy Irvin; Georgia Egg Commission board member Jim Brock; and Executive Director Robert N. Howell. Others attending the ceremony, but not pictured, were: Commission Vice Chairman David Lathem; Commission staffers Holly Hidell and Jewell Hutto; and Mike Giles and Abit Massey of the Georgia Poultry Federation.

New Egg Cookbook Offered

In celebration of May National Egg Month, the Georgia Egg Commission proudly announces the availability of its new cookbook containing some 150 "Favorite Egg Recipes." Developed over the last 14 years by the Commission's program director Jewell Hutto, the recipes are conveniently collected in a colorful, 6x9-inch, 3-ring notebook that also includes a stand and recipe pocket envelope.

According to Mrs. Hutto, "You'll enjoy over 150 creative recipe ideas, including: egg classics; appetizers; soups

and salads; vegetables and side dishes; sauces and dressings; breads and rolls; and desserts. In addition, the book is filled with information on egg functions, egg terms, answers to frequently asked questions, and plenty of helpful and useful cooking tips and suggestions. It's a one-stop source for using the Good Egg From Georgia!"

"Favorite Egg Recipes" is \$15.00, plus a \$5.00 shipping and handling charge for each book ordered. For your convenience, an order form is printed on the back page of this newsletter.



Association Sets Annual Meeting

The Georgia Egg Association's 45th Annual Meeting is scheduled for Wednesday, June 21 through Friday, June 23, 2006, and will be held again this year at the King & Prince Hotel and Golf Resort on beautiful St. Simons Island.

Association president Andy Bowers, of United Egg Marketers, Blackshear, stated

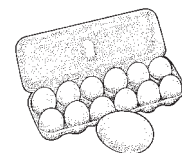


Andy Bowers

that the meeting will begin on Wednesday evening with a Welcome Reception at the hotel. According to Bowers: "On Thursday morning, we will have our annual golf tournament at the famed Hampton Club Golf Course, and at the same time, the ladies will enjoy a complimentary breakfast at the hotel." He continued: "Thursday evening's program will begin with a reception, followed by an awards banquet and entertainment, and on Friday morning the meeting concludes with an EGGpac breakfast, followed by an educational session."

Executive Director, Robert N. Howell, added to Bowers' comments by noting that JoAnne Ivy, Senior Vice President of the American Egg Board, will speak during the educational session, and in addition, there will be a discussion on the status of Bird Flu by Dr. Erica Spackman, a microbiologist and expert on the subject, with USDA's Agricultural Research Service in Athens and by Andy Rhorer, Senior Coordinator of the National Poultry Improvement Plan.

The deadline for making hotel reservations is May 15, 2006, and registration materials should be received by the Association no later than June 1. For additional information, contact the Georgia Egg Commission's office.





Legislators Enjoy Omelets

Again this year, the Georgia Egg Commission had the pleasure and special opportunity of making omelets for the Senate and House Ag Committees.

The omelet breakfast is so popular that it has become an annual event. This year, the omelets were made to order by Commission Executive Director Robert N. Howell and Program Director Jewell Hutto. Legislators being served their omelets are (front to back): Senator Seth Harp, Chairman of

Senate Higher Education Committee; Representative Ron Stephens, Chairman of House Economic Development and Tourism Committee; and Representative Jon Burns, House Ag Committee member.

Staffers and hungry folks from throughout the Capitol were attracted by the good smelling food! Special thanks to a great partnership with Bryan Tolar of the Georgia Agribusiness Council, who assisted with the event and made the necessary arrangements.



Thanks to a grant from U. S. Poultry & Egg Association, the Georgia Egg Commission is planning an outdoor advertising campaign in the Atlanta area. During the period of June 12 through August 14, some 100 illuminated, 30 sheet boards will be used throughout the Atlanta area.

A color picture of eggs will be seen in the background, with the theme of the campaign complimenting the American Egg Board's current advertising slogan: "Eggs: Nature's Miracle Food!" In addition, the action message will read: "Satisfy Your Hunger, With Eggs!"



The Nutrition Station

By Holly Gillis Hidell, MS, RD, LD

BRAIN FOOD IS BRAIN POWER

It's a Monday morning, and you're racing out the door for work. Once in the car, you realize you've forgotten your cell phone and the cup of coffee sitting on the kitchen counter. Then, you wonder if you turned off the iron and fed the dog. You begin to think you're losing your mind!

For many, forgetfulness is the result of poor planning, or being in a hurry; but, for others, dementia is a serious reality. In fact, every seven seconds a person's future is changed by such a diagnosis!

Vascular dementia results from small strokes that alter the blood supply to the brain. It's hard to know if some form of dementia is in your future; but, steps can be taken to protect your brain as much as possible.

Blood pressure and blood cholesterol

can be controlled with a healthy lifestyle and proper medication. It's important to eat foods rich in the B vitamins: B6, B12, and folic acid. By the way, eggs are an excellent source of these vitamins, and they also contain choline that can assist with memory development.

The final step is to stay active physically and mentally. Studies show those who exercise three times a week have a lower risk of developing dementia. Mental exercise is also important; not just reading the paper and solving puzzles, but having engaging conversation with other people.

So, meet some new people and go dancing! Make healthier food choices, and keep your mind and body focused and active. Chances are, you'll spend less time looking for your keys!



Plans are complete for the 2006 National Egg Quality School to be held in Memphis, Tennessee May 22-25, 2006 at the Doubletree Hotel. The School offers a curriculum that is designed for students to learn as much as possible about shell egg quality in a concentrated, comprehensive four days.

The instructional staff includes leading university scientists, experienced state and federal regulatory officials and seasoned industry organization representatives.

Certificates of Proficiency will be awarded to those students who attend all sessions and satisfactorily pass the final examination.



Steven Stewart

Our industry friend Steven Stewart of Covington, Georgia passed away on March 4th, at the age of 50. Steve had been employed with American Dehydrated Foods since 1983, where he served as Vice President for Procurement.

Steve and ADF were great supporters of the Georgia Egg Commission and the Georgia Egg Association.



Hartley Scholars Named

The University of Georgia's College of Family and Consumer Sciences has announced the awarding of three scholarships honoring Grace Hartley for the 2006-2007 school year.

Recipients of the Grace Hartley Scholarship are Margaret Hodge, a second-year Consumer Journalism major, and Luiza Raposo, working on a double major in Consumer Journalism with a fashion emphasis and Advertising.

A third scholarship was awarded to Christa Harrison, who is the recipient of this year's Grace Hartley International Study Award, which she will use toward expenses for her 2006 Mexico study experience.

The scholarships, administered by the Georgia Egg Commission, honor the late Grace Hartley, former food editor for the *Atlanta Journal*.

Howell Receives FACS Award

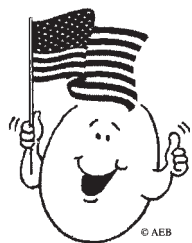
The University of Georgia's College of Family & Consumer Science Alumni Association has presented Georgia Egg Commission Executive Director Robert N. Howell with its 2006 FACS Appreciation Award! The Award is presented to an individual who has contributed significantly, financially, programmatically, or legislatively to the support of the College.

The presentation was made during a luncheon held at the University of Georgia's Center for Continuing Education. Howell (above) was presented the Award by Laura Bland (left), a student in the College and a

current recipient of the Grace Hartley Scholarship, which is administered by the Commission. Howell was accompanied to the event by his wife, Claudette.


In response, Robert stated that the Commission should be presenting the award of appreciation to the the entire FACS Alumni Association, as each and every member has been extremely supportive of the Commission's program through the years.

A photograph of Howell will be on display in the College of Family and Consumer Science offices located in Dawson Hall on the University of Georgia's campus.



Only In America!

- Only in America...do people order double cheeseburgers, large fries, and a diet drink!
- Only in America...do banks leave both doors open and then chain the pens to the counters.
- Only in America...do we leave cars worth thousands of dollars in the driveway and put our useless junk in the garage.
- Only in America...do we buy hot dogs in packages of ten and buns in packages of eight.



EGGS

IN THE SPOTLIGHT

May:
An Egg-citing Month

By Jewell A. Hutto, Program Director

Here at the Georgia Egg Commission, May is a very important month!

When May rolls around we know that it is time to get busy on our upcoming annual meeting, our annual cooking contest, and, of course, May is National Egg Month.

Thinking about what National Egg Month means? I think that it means for us to appreciate what eggs really offer us. **GOOD NUTRITION and GREAT TASTE!**

I believe a diet incorporating all foods in small amounts is essential for health and happiness. Incorporating all foods into a balanced diet is healthier than thinking of a food as one single, solitary object. Eggs for example, contain high-quality protein, essential vitamins and minerals. Obtaining these nutrients is easily done by including eggs into a weekly meal plan.

When you think of something good to eat, what do you think of? Sweets of course. Eggs are used in most baked products like cakes, cookies, candy, and pies. Have you ever thought about breakfast without that great tasting egg?

As I said, nutrition and taste. Eggs are so important to us that we want everyone to celebrate and eat more eggs!



Favorite Egg Recipes

Georgia Governor Sonny Perdue and the Governor's Agricultural Advisory Committee are to be commended for this year's National Agriculture Week Kick-off, held March 21st in Atlanta. The Georgia Egg Commission and some 70 other companies supported the effort to celebrate agriculture in Georgia, with a food festival at the Georgia Freight Depot.

The Commission's director of media

and nutrition, Holly Hidell, MS, RD, LD, and I prepared deviled egg halves using our new recipe for Spring, "Deviled Eggs Au Gratin." A second recipe, "Ham and Pineapple Salad," was also offered. For copies of both recipes, just contact the Commission office.

And speaking of recipes, be sure to order your copy of our new cookbook, *Favorite Egg Recipes*. An order form is printed here for your convenience.

Please send me _____ copies of *Favorite Egg Recipes* at **\$15.00** per copy and **\$5.00** for shipping and handling per book. Enclosed is my check or money order for \$_____.

Mail Books To:

Name _____

Address _____

City _____ State _____ Zip _____

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THE EGGSAMINER

"The Eggsaminer" is published by the Georgia Egg Commission as part of its informational services to Georgia egg producers and consumers. The Georgia Egg Commission has a three-fold purpose: Promotion, Education, and Research.

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